

NHS bowel cancer screening: information for trans and non-binary people

Bowel cancer screening for trans people at a glance

- Trans women and non-binary people assigned male at birth who are registered with a GP as female are invited for bowel cancer screening.
- Trans women and non-binary people assigned male at birth who are registered with a GP as male are invited for bowel cancer screening.
- Trans men and non-binary people assigned female at birth who are registered with a GP as female are invited for bowel cancer screening.
- Trans men and non-binary people assigned female at birth who are registered with a GP as male are invited for bowel cancer screening.

Bowel cancer screening

Bowel cancer screening starts with a test kit that is offered for use at home. If the result shows further tests are needed, you are offered a colonoscopy (an examination of the bowel).

Bowel cancer screening reduces your risk of dying from bowel cancer.

Finding cancer early gives you the best chance of survival.

Screening will miss some cancers, and some cancers cannot be cured.

Taking part in bowel cancer screening is your choice. You can find out more information from your GP or by visiting www.nhs.uk/bowel or www.gov.uk/bowel-screening-leaflet.

Bowel cancer screening invitation process

Both men and women are routinely invited for screening.

Bowel cancer screening is offered every two years to people aged 50 to 74. You should receive your first home test kit between the ages of 50 and 54. People aged 75 and over can request a test kit every 2 years by calling the free programme helpline on **0800 707 60 60**.

The home test kit

A bowel screening test kit and information pack will be sent to you when you are due for screening. You are asked to collect one or more samples of your poo using the test kit provided.

You will need to complete the test kit within the timeframe on the instructions and return it using the freepost packaging provided.

The test looks for tiny amounts of blood in the sample which you may not be able to see and which could be a sign of bowel cancer. You can contact the free NHS Bowel Cancer Screening Programme helpline for advice on **0800 707 60 60**.

Results from the test kit

If blood is found, you will be referred for further tests. This may involve you having a colonoscopy, which looks at the lining of the bowel using a flexible camera. You may find this more uncomfortable if you have had gender reassignment surgery.

Reducing your risk

To reduce your risk of bowel cancer you should:

- consider taking part in screening, even if you have had a previous normal result
- try to eat a high-fibre diet with plenty of fruit and vegetables, take regular physical exercise and stop smoking
- visit your GP if you notice blood in your poo, a change in your bowel habit over a number of weeks or unexplained weight loss.

Bowel cancer can run in families. If you are worried about your risk please speak to your GP.